

Did you know that...

- Half a million children in California have asthma?
 - Asthma is the #1 cause of school absences as well as hospital admissions for children in California?
- BUT YOU CAN CONTROL IT!

THE CHILDHOOD ASTHMA INITIATIVE

Childhood Asthma Initiative

Our Partners:

- Asthma & Allergy Foundation of America (AAFA)
- Eisner Pediatric & Family Medical Center

Esperanza Community Housing Corporation

Healthy African American Families (HAAF)

King Drew Medical Center

St. John's Well Child Center

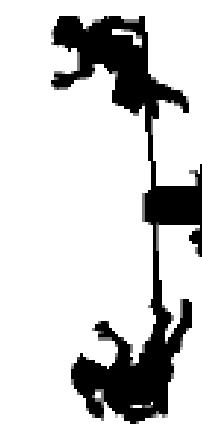
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please contact:

Technical assistance provided by the
Los Angeles County Department of
Health Services

Funded by the California Children
and Families Commission.

Helping children with asthma



Childhood Asthma Initiative

Our goal is to help children with asthma lead healthy, active lives. If your child has asthma, or you think they might have asthma, ask our trained Asthma Coordinators for help!

OUR SERVICES INCLUDE:

- Information on asthma
- Information and resources for controlling allergens in your home
- Home visits (for families with young children) to work with you to control your child's asthma
- Assistance with obtaining health coverage for your family
- Connecting your child and your family with quality health care services and resources

A PROJECT OF THE
COALITION FOR COMMUNITY HEALTH (CCH)
Increasing Access to Health Care in
Central Los Angeles

3655 S. Grand Avenue, Suite 260
Los Angeles, CA 90007

ASTHMA

WHAT CAUSES AN ASTHMA ATTACK?

ALLERGENS are substances that cause an allergic reaction (for example: watery, irritated, or itchy eyes or nose). If an asthmatic person has an allergic reaction it can cause an asthma attack.

WHAT ELSE CAN CAUSE AN ATTACK?

What is ASTHMA? It is a chronic disease of the lungs. People with asthma have very sensitive lungs that are easily irritated – this can lead to an asthma episode (“attack”). When this happens, the muscles surrounding the airways get tight, the lining of the airways swell, and the airways fill up with mucus, making it very hard to breathe.

Does your child have any of these symptoms?

- Coughing
- Shortness of breath
- Tightening sensation in the chest
- Wheezing (a whistling sound when they breathe)

YES? You should see a doctor who can tell you if your child's symptoms are related to asthma (these symptoms might be related to something else; it's also possible to have different asthma symptoms.)

GOOD NEWS!! Asthma can be controlled, and with proper care and treatment, children with asthma can live normal and active lives. The more you know about what causes it, the better you can control it!

SECOND-HAND SMOKE:

Can provoke an asthma attack.



What you can do:

- Keep your child away from second hand smoke
- Do not smoke inside the house. Make your house smoke free until you **QUIT!**

MOLD: Mold releases tiny particles into the air - when inhaled, they can cause an asthma attack.

What you can do:

- Throw out any moldy materials
- Clean with a solution of 1 cup bleach in 1 gallon of water (this solution loses its power about 1 hour after mixing it)
- Keep your house dry and ventilated
- Repair any leaks in your house

COCKROACHES:

Anybody's house can be invaded by roaches. Particles from roaches' dead bodies and roach feces (poop) get into the air; breathing them in can cause an asthma attack.

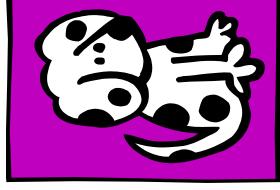


What you can do to get rid of dust mites:

- Clean surfaces with a damp cloth
- Use dust mite proof mattress covers and pillow cases
- Wash your child's sheets, blankets and stuffed animals in very hot water
- Try to remove carpeting, or try to vacuum once a week (use double-walled vacuum cleaner bags)

FURRY OR FEATHERED PETS:

The dander (dead skin cells) of pets like cats, dogs or birds can cause an asthma attack.



What you can do:

- Consider giving your pets away, or
- Don't let your pets into your child's bedroom
- Bathe pets frequently

MEDICATIONS FOR ASTHMA

- Controllers:
 - These must be taken daily
 - They control asthma long-term and prevent future attacks.
- Relievers:
 - It's very important to take the medicine as prescribed and for as long as the doctor tells you to, even if you start feeling better or don't have symptoms any more.

Relievers:

- These are used during an asthma attack to relax the lung muscles and make it easier to breathe right away. Relievers can also be taken before exercising if your asthma is provoked by exercise.



- Don't leave food or water out (clean up food crumbs or spills right away)
- Take out the trash every night
- Fix any leaks in your house
- Use sticky traps and bait traps
- Seal any openings or cracks in walls